

Full Report (All Nutrients) 11205, Cucumber, with peel, raw

Report Date: June 30, 2015 08:40 EDT

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products**Carbohydrate Factor: 3.57 Fat Factor: 8.37 Protein Factor:2.44 Nitrogen to Protein Conversion Factor:6.25****Refuse:3% Refuse Description: Ends**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.5 cup slices 52g	1 cucumber (8-1/4") 301g
Proximates						
Water ¹	g	95.23	2	--	49.52	286.64
Energy	kcal	15	--	--	8	45
Energy	kJ	65	--	--	34	196
Protein ¹	g	0.65	4	--	0.34	1.96
Total lipid (fat) ¹	g	0.11	9	0.004	0.06	0.33
Ash ¹	g	0.38	4	--	0.20	1.14
Carbohydrate, by difference	g	3.63	--	--	1.89	10.93
Fiber, total dietary	g	0.5	1	--	0.3	1.5
Sugars, total	g	1.67	--	--	0.87	5.03
Sucrose ¹	g	0.03	4	--	0.02	0.09
Glucose (dextrose) ¹	g	0.76	7	0.043	0.40	2.29
Fructose ¹	g	0.87	7	0.097	0.45	2.62
Lactose ¹	g	0.00	4	--	0.00	0.00
Maltose ¹	g	0.01	7	0.012	0.01	0.03
Galactose	g	0.00	--	--	0.00	0.00
Starch ¹	g	0.83	4	0.000	0.43	2.50
Minerals						
Calcium, Ca ¹	mg	16	4	--	8	48
Iron, Fe ¹	mg	0.28	4	--	0.15	0.84
Magnesium, Mg ¹	mg	13	4	--	7	39
Phosphorus, P ¹	mg	24	4	--	12	72

Nutrient	Unit	1			0.5 cup slices 52g	1 cucumber (8-1/4") 301g	
		Value Per 100 g	Data points	Std. Error			
Potassium, K ¹	mg	147	4	--	76		442
Sodium, Na	mg	2	54	0.261		1	6
Zinc, Zn ¹	mg	0.20	4	--	0.10		0.60
Copper, Cu ¹	mg	0.041	8	0.000	0.021		0.123
Manganese, Mn ¹	mg	0.079	4	--	0.041		0.238
Selenium, Se ¹	µg	0.3	2	--	0.2		0.9
Fluoride, F ^{2 3}	µg	1.3	11	0.650	0.7		3.9
Vitamins							
Vitamin C, total ascorbic acid ¹	mg	2.8	4	--	1.5		8.4
Thiamin ¹	mg	0.027	4	--	0.014		0.081
Riboflavin ¹	mg	0.033	4	--	0.017		0.099
Niacin ¹	mg	0.098	8	0.000	0.051		0.295
Pantothenic acid ¹	mg	0.259	4	--	0.135		0.780
Vitamin B-6 ¹	mg	0.040	4	--	0.021		0.120
Folate, total ¹	µg	7	8	0.000	4		21
Folic acid	µg	0	--	--	0		0
Folate, food	µg	7	8	0.000	4		21
Folate, DFE	µg	7	--	--	4		21
Choline, total ¹	mg	6.0	--	--	3.1		18.1
Betaine ¹	mg	0.1	1	--	0.1		0.3
Vitamin B-12	µg	0.00	--	--	0.00		0.00
Vitamin B-12, added	µg	0.00	--	--	0.00		0.00
Vitamin A, RAE	µg	5	--	--	3		15
Retinol	µg	0	--	--	0		0
Carotene, beta	µg	45	--	--	23		135
Carotene, alpha	µg	11	--	--	6		33
Cryptoxanthin, beta	µg	26	--	--	14		78
Vitamin A, IU	IU	105	--	--	55		316
Lycopene	µg	0	--	--	0		0
Lutein + zeaxanthin	µg	23	--	--	12		69
Vitamin E (alpha-tocopherol) ¹	mg	0.03	5	0.001	0.02		0.09
Vitamin E, added	mg	0.00	--	--	0.00		0.00
Tocopherol, beta ¹	mg	0.01	3	0.005	0.01		0.03

Nutrient	Unit	1			0.5 cup slices 52g	1 cucumber (8-1/4") 301g
		Value Per 100	Data points	Std. Error		
Tocopherol, gamma ¹	mg	0.03	3	0.005	0.02	0.09
Tocopherol, delta ¹	mg	0.00	3	0.004	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone) ¹	µg	16.4	4	--	8.5	49.4
Lipids						
Fatty acids, total saturated	g	0.037	--	--	0.019	0.111
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0 ¹	g	0.000	2	--	0.000	0.000
10:0 ¹	g	0.000	2	--	0.000	0.000
12:0 ¹	g	0.000	2	--	0.000	0.000
14:0 ¹	g	0.005	2	--	0.003	0.015
15:0 ¹	g	0.000	2	--	0.000	0.000
16:0 ¹	g	0.028	2	--	0.015	0.084
17:0 ¹	g	0.000	2	--	0.000	0.000
18:0 ¹	g	0.005	2	--	0.003	0.015
20:0 ¹	g	0.000	2	--	0.000	0.000
22:0 ¹	g	0.000	2	--	0.000	0.000
24:0 ¹	g	0.000	2	--	0.000	0.000
Fatty acids, total monounsaturated	g	0.005	--	--	0.003	0.015
14:1 ¹	g	0.000	2	--	0.000	0.000
15:1 ¹	g	0.000	2	--	0.000	0.000
16:1 undifferentiated ¹	g	0.000	2	--	0.000	0.000
17:1 ¹	g	0.000	2	--	0.000	0.000
18:1 undifferentiated ¹	g	0.005	2	--	0.003	0.015
20:1 ¹	g	0.000	2	--	0.000	0.000
22:1 undifferentiated ¹	g	0.000	2	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.032	--	--	0.017	0.096
18:2 undifferentiated ¹	g	0.028	2	--	0.015	0.084
18:3 undifferentiated ¹	g	0.005	2	--	0.003	0.015
18:4 ¹	g	0.000	2	--	0.000	0.000

Nutrient	Unit	1			0.5 cup slices 52g	1 cucumber (8-1/4") 301g	
		Value Per100	Data points	Std. Error			
20:2 n-6 c,c ¹	g	0.000	2	--	0.000	0.000	0.000
20:3 undifferentiated ¹	g	0.000	2	--	0.000	0.000	0.000
20:4 undifferentiated ¹	g	0.000	2	--	0.000	0.000	0.000
20:5 n-3 (EPA) ¹	g	0.000	2	--	0.000	0.000	0.000
22:5 n-3 (DPA) ¹	g	0.000	2	--	0.000	0.000	0.000
22:6 n-3 (DHA) ¹	g	0.000	2	--	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0
Phytosterols	mg	14	--	--	7	42	
Amino Acids							
Tryptophan	g	0.005	--	--	0.003	0.015	
Threonine	g	0.019	--	--	0.010	0.057	
Isoleucine	g	0.021	--	--	0.011	0.063	
Leucine	g	0.029	--	--	0.015	0.087	
Lysine	g	0.029	--	--	0.015	0.087	
Methionine	g	0.006	--	--	0.003	0.018	
Cystine	g	0.004	--	--	0.002	0.012	
Phenylalanine	g	0.019	--	--	0.010	0.057	
Tyrosine	g	0.011	--	--	0.006	0.033	
Valine	g	0.022	--	--	0.011	0.066	
Arginine	g	0.044	--	--	0.023	0.132	
Histidine	g	0.010	--	--	0.005	0.030	
Alanine	g	0.024	--	--	0.012	0.072	
Aspartic acid	g	0.041	--	--	0.021	0.123	
Glutamic acid	g	0.196	--	--	0.102	0.590	
Glycine	g	0.024	--	--	0.012	0.072	
Proline	g	0.015	--	--	0.008	0.045	
Serine	g	0.020	--	--	0.010	0.060	
Other							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	
Caffeine	mg	0	--	--	0	0	
Theobromine	mg	0	--	--	0	0	
Flavonoids							
Flavan-3-ols							

Nutrient	Unit	1			0.5 cup slices 52g	1 cucumber (8-1/4") 301g
		Value Per100 g	Data points	Std. Error		
(+)-Catechin ⁴	mg	0.0	4	0	0.0	0.0
(-)Epigallocatechin ⁴	mg	0.0	4	0	0.0	0.0
(-)Epicatechin ⁴	mg	0.0	4	0	0.0	0.0
(-)Epicatechin 3-gallate ⁴	mg	0.0	4	0	0.0	0.0
(-)Epigallocatechin 3-gallate ⁴	mg	0.0	4	0	0.0	0.0
(+)-Gallocatechin ⁴	mg	0.0	4	0	0.0	0.0
Flavones						
Apigenin ^{5 6 7 13}	mg	0.0	6	0	0.0	0.0
Luteolin ^{5 6 7 8 13}	mg	0.0	7	0	0.0	0.0
Flavonols						
Isorhamnetin ⁹	mg	0.0	1	--	0.0	0.0
Kaempferol ^{5 6 7 8 9 10 13}	mg	0.1	9	0.08	0.1	0.4
Myricetin ^{5 6 7 8 9 10 13}	mg	0.0	9	0	0.0	0.0
Quercetin ^{5 6 7 8 9 10 13}	mg	0.0	9	0.02	0.0	0.1
Isoflavones						
Daidzein ¹¹	mg	0.0	1	--	0.0	0.0
Genistein ¹¹	mg	0.0	1	--	0.0	0.0
Total isoflavones ¹¹	mg	0.0	1	--	0.0	0.0
Proanthocyanidin						
Proanthocyanidin monomers ¹²	mg	0.0	4	0	0.0	0.0
Proanthocyanidin dimers ¹²	mg	0.0	4	0	0.0	0.0
Proanthocyanidin trimers ¹²	mg	0.0	4	0	0.0	0.0
Proanthocyanidin 4-6mers ¹²	mg	0.0	4	0	0.0	0.0
Proanthocyanidin 7-10mers ¹²	mg	0.0	4	0	0.0	0.0
Proanthocyanidin polymers (>10mers) ¹²	mg	0.0	4	0	0.0	0.0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6a, 2002 Beltsville MD

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Langual Code(s)

- A0152 VEGETABLE OR VEGETABLE PRODUCT (US CFR)
- A1281 1100 VEGETABLES AND VEGETABLE PRODUCTS (USDA SR)
- B1404 CUCUMBER
- C0140 FRUIT, PEEL PRESENT, CORE, PIT OR SEED PRESENT
- E0150 WHOLE, NATURAL SHAPE
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0003 NO TREATMENT APPLIED
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION